



Gaujas senlejas STIRNU BUKS

Ligatne / 23.09.2017

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Pokšāns, Arnis

□□: Abas Kreisās Kājas

□□: 6054

□□: 29.00 km

Lusis

□□□□:

VL3

□□□: 3:44:10

□□: 7.76 km/h

□□□□□/□□□: 145 (of 224)

□□□□□/□: 125 (of 174)

□□□□□□: 1:51:10

□□□□□: 39(of 57)

□□□□□□□: 2:36:36

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
101	-	38:04	-	41	11:42	131	14:37	-	38:04	-	41	11:42	131	14:37
102	-	37:02	-	42	11:31	133	14:09	-	1:15:06	-	40	22:49	132	28:46
103	-	41:13	-	37	12:23	124	14:59	-	1:56:19	-	41	35:12	132	43:45
104	-	23:46	-	38	7:37	123	8:47	-	2:20:05	-	39	42:49	128	52:32
105	-	38:01	-	33	12:30	109	15:01	-	2:58:06	-	38	55:19	123	1:07:33
Sprint Start	-	34:42	-	40	25:20	122	28:42	-	3:32:48	-	39	1:04:55	127	1:51:04
Sprint Finish	-	4:13	-	49	2:08	148	2:52	-	3:37:01	-	39	1:06:51	127	1:52:09
Finish	-	7:09	-	23	1:17	72	1:50	29.00	3:44:10	-	39	1:07:34	125	1:53:00